

# EMDR

EMDR or Eye Movement Desensitization and Reprocessing is a leading model of trauma treatment in the United States and throughout the world. Developed in the mid-1980's by Dr. Francine Shapiro, EMDR is one of the most researched and effective forms of trauma and PTSD treatment. It has consistently proven to be 80-95% effective with a variety of populations or issues - including the following:

- Combat stress / PTSD
- Rape victims
- Sexual abuse
- Physical abuse
- Domestic violence
- Car accidents
- Boating accidents
- Near drowning experiences
- Trauma related phobias
- Homicide scenarios
- Suicide scenarios
- Mugging incidents
- Robbery incidents
- Natural disasters such as hurricanes, tornadoes, and earthquakes

EMDR is unlike any other form of treatment and noticeable, positive results are expected in as little as 1-2 sessions. Full and complete trauma treatment may be achieved in as little as 6-10 sessions depending on the complexity and severity of the trauma.

For more information on EMDR, please go to [www.emdr.com](http://www.emdr.com) where you can find actual research articles and a variety of other helpful information.

**Contact us today to schedule a consultation or to obtain additional information!**